

HEALTH & WELLNESS

Healthbeat

Lowes offers in-store diabetes education tours

Lowes Foods is offering free diabetes education tours beginning this month and every two months after that throughout 2008. Led by registered dietitians, the small-group tours will provide information to help those with diabetes choose the healthiest foods when grocery shopping.

"Our diabetes education tours are designed to help those with diabetes make the most of their purchases by concentrating on natural foods such as fruits and vegetables, whole grain bread, fat-free and low-fat dairy products, lean meats and soy products," said Lowes Foods Corporate Nutritionist Cindy Silver, MS, RD, LDN.

The tours will include samples of tasty foods that offer high nutritional value, but not too many carbohydrates. Those who take the tour will also receive recipes and coupons.

Remaining tours are scheduled for Jan. 22, March 4 and 18, May 6 and 20, July 8 and 22, September 9 and 23, and November 4 and 18 from 7 to 8 p.m. The tours are being offered through a partnership with Lowes Foods and Kraft. The only Winston-Salem store that will offer tours is the one in Sherwood Plaza Shopping Center, 3372 Robinhood Rd. In Greensboro, tours will be offered at the New Garden Crossing Shopping Center location. Stores in Raleigh and Charlotte will also offer tours. Lowes Foods employs 8,500 people and operates 104 stores in North Carolina, South Carolina and Virginia.

Those interested may register or get more information by calling (866) 521-3501, toll-free.

Local medical society has new leadership

Dr. Stephen B. Tatter assumed the office of president of the Forsyth-Stokes-Davie County Medical Society on Jan. 1.

Tatter is a neurosurgeon and faculty member of Wake Forest University Baptist Medical Center and Wake Forest University School of Medicine. He holds the Liang Yee and Dixie Soo Professorship in Neurosurgery; and is medical director of Neurosurgical

Oncology, co-director of Gamma Knife Center and associate professor of Surgical Sciences.

His focus is on surgery for brain-and-pituitary-tumors, trigeminal neuralgia, and Parkinson's disease. He is actively involved in research in these areas.

Other new officers are: President-Elect, Dr. Brenda Latham-Sadler, an assistant professor and assistant dean for minority affairs, at Wake Forest University Baptist Medical Center; Secretary, Dr. Palmer Edwards, a pediatric and adolescent psychiatrist; and Treasurer, Dr. Bradley E. Jacobs, an obstetrician/gynecologist, at Lyndhurst Gynecologic Associates, PA.

BestHealth to hold class on infections in children

"Preventing Infections in Children" will be held at 6 p.m. on Monday Jan. 14, at BestHealth in Hanes Mall.

Influenza, bacterial pneumonia and other infectious diseases are a threat to young children. New vaccines and prevention strategies have provoked national discussion and media.

Dr. Timothy Peters, pediatric infectious diseases specialist at Wake Forest University Baptist Medical Center, will discuss new approaches to preventing and managing infections in children.

BestHealth, a community resource center and part of Wake Forest University Baptist Medical Center, is located in Hanes Mall and frequently sponsors programs in the community.

For more information about BestHealth, or to register for this class, call 1-800-446-2255 or visit www.besthealth.com.

Britons sickened by virus

LONDON (AP) — Thousands of people in Britain have been sickened by the biggest outbreak of a winter vomiting virus in five years. Doctors estimate that hundreds of thousands of people may be affected by norovirus in the coming days. Dozens of hospital wards across the country have already been closed to try to stop the virus' spread.

Norovirus is the most common stomach bug in the United Kingdom, and its incidence typically spikes during the winter.

"The norovirus season has started uncharacteristically early compared to other years," said the Health Protection Agency in a statement. Most cases go unreported, and the agency estimates that for every case, there are 1,500 others.

The virus is highly contagious, and is easily transmitted between people via contact with contaminated surfaces, or sharing contaminated food or water.

Symptoms include nausea, projectile vomiting, diarrhea, fever and muscle pain. Most people recover within two days without treatment, though the virus can be more serious in the very young or the elderly.

The Health Protection Agency estimates that there are between 600,000 and 1 million cases of norovirus in the U.K. every year.

Local doctor: Many black women avoid exercise because of hair concerns

SPECIAL TO THE CHRONICLE

About a third of black women cite complications of hair care as the reason they do not exercise or exercise less than they would like, according to Amy J. McMichael, M.D., the lead investigator of a study from Wake Forest University School of Medicine.

McMichael, associate professor of dermatology, specializes in hair and scalp diseases, ethnic and pigmented skin diseases, and general dermatology and skin care.

"I see a lot of African American women in our clinic and had noticed how many of them are overweight. This puts these women at risk for hypertension, diabetes and other serious problems," she said.

In fact studies show that 77 percent of black women are overweight or obese, McMichael said.

"I thought it would be interesting to look at what role their hair plays in their amount of exercise. Many African American women with coarser hair use either heat straighteners or chemical products to straighten their hair. Depending on how coarse or fragile their hair is, they can't just wash their hair after exercise without having to go through the whole process again, and that can take hours. Over-washing fragile hair can make it break off easily."

McMichael and the team of investigators



from the Department of Dermatology, the Division of Public Health Sciences, and the medical school interviewed 103 black women about how much and what types of exercise they do, and the time, expense and complications of caring for their hair. Sixty-four of the respondents had relaxed their hair by various means.

All of the respondents believed it was important for them to exercise. And 50 percent stated that they considered changing their hair to make it easier to exercise.

"We have now identified the problem — hair care does seem to be a factor — and it is one that is not easily solvable. Somebody might say, 'Oh,

just cut your hair,' but that does not make sense. We have to figure out ways to address this issue, get some African American women in a forum or group meeting and talk about this," McMichael said. "This is just a first step."

The study was presented recently at the Fourth International Symposium of the L'Oréal Institute for Ethnic Hair & Skin Research by fourth-year medical student Shani Smith, MBA. Other investigators include Melicia Whitt-Glover, Ph.D., assistant professor in the Department of Epidemiology and Prevention, Kismet Loftin-Bell, MALS, MSL, research associate, and medical student Rebecca Hall.



Tatter

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Latham-Sadler

Submitted Photo
Debbie Frezell, right, with Vice Chancellor for Student Life Anne White.



NCSA's Frezell honored for going above, beyond

SPECIAL TO THE CHRONICLE

Deborah Phillips Frezell of Jamestown, director of student success programs and fitness manager at the North Carolina School of the Arts (NCSA), is a 2007 recipient of the State Employees' Award for Excellence. Frezell was one of only 15 state employees who received this award, the highest honor a state employee can receive.

Frezell and the other award winners were recognized at a ceremony and reception at the North Carolina Museum of History in Raleigh.

Recipients of the State Employees' Awards for Excellence demonstrate compassion for their fellow citizens, a passion for volunteerism, and an unselfish devotion to serving One North Carolina — Governor Easley's initiative to unify economic and educational development across the state into one common spirit of purpose.

Frezell received the Award of Excellence in the public service category, which is for employees who have made outstanding contributions by participating in or implementing community and public service projects.

"Debbie is never satisfied with the status-quo or just putting in her 40 hours," said NCSA Vice Chancellor for Student Life Anne White. "Debbie has been a highly valued member of our staff for more than 15 years. In her years at NCSA, she has impacted the lives of hundreds of students, faculty and staff in the areas of personal health and fitness."

"In addition to her work at the NCSA Fitness Center, she is a role model and leader in fitness initiatives and personal health across the campus and in the surrounding community. She exemplifies excellence in all she does and I can't think of a more worthy recipient of this award," White concluded.

See Frezell on A11

CHILDHOOD DEPRESSION



The People's Clinic
THE MAYA ANGELOU RESEARCH CENTER
ON MINORITY HEALTH

Wake Forest University Baptist
MEDICAL CENTER

Depression can be a devastating disease at any age, but it is especially devastating when it affects our children. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), a government agency dedicated to the promotion of mental health for all individuals, approximately one in five children and adolescents will have a mental health disorder of some kind. What's more, some of these individuals will attempt or commit suicide.

SAMHSA notes that suicide is the third leading cause of death among teens. Most adolescents provide clues that they are considering or planning to commit suicide. In fact, according to one study, 83 percent of adolescents who committed suicide told others of their intentions in the week prior to their death. They may also give away their belongings. It is important that parents and friends take these threats seriously.

Let's take a closer look at childhood depression.

What are some signs that my child is depressed?

See Depression on A11

Mood disorders talk slated

SPECIAL TO THE CHRONICLE

The Mental Health Association in Forsyth County, as part of its community outreach and mental health educational services, is sponsoring a "5th Tuesday Mental Health Educational & Speaker Meeting" on Tuesday, Jan. 29, starting at 7 p.m.

The event will be held at The Mental Health Association in Forsyth County, 1509 S. Hawthorne Rd.

The scheduled speakers are Dr. Beverly Jones, a local psychiatrist and clinical associate professor with the Wake Forest University School of Medicine, and Anne Birkel, a clinical research coordinator with the Piedmont Medical Research Associates (PMRA).

Birkel will talk about research studies currently being implemented at PMRA pertaining to the treatment of mood disorders and Dr. Jones will talk about some of the latest research findings on mood disorders, including information about major depression and bipolar disorder.

Jones studied psychology at Duke University and attended medical school at UNC Chapel Hill. Since 2003, Dr. Jones has been in private psychiatric practice in Winston-Salem and serves as the medical director of the Geriatric Behavioral Health Unit at Thomasville Medical Center. Jones' areas of expertise include the diagnosis and treatment of memory disorders and Alzheimer's disease and the recognition and treatment of depression in the elderly.

Birkel received a Bachelor of Applied Science in Focus Psychology from Winston-Salem State University in 2006. Birkel's responsibilities at PMRA include the coordination and execution of phase II-IV medication trials, which includes the maintenance of proper documentation according to FDA guidelines, assessments, and other related duties, including patient education services.

The meeting is free and open to the public. Due to limited seating, those interested in attending are asked to call 336-768-3880 in advance to register. For more information, contact The Mental Health Association in Forsyth County at (336) 768-3880 or by e-mail: andy@triadmentalhealth.org.